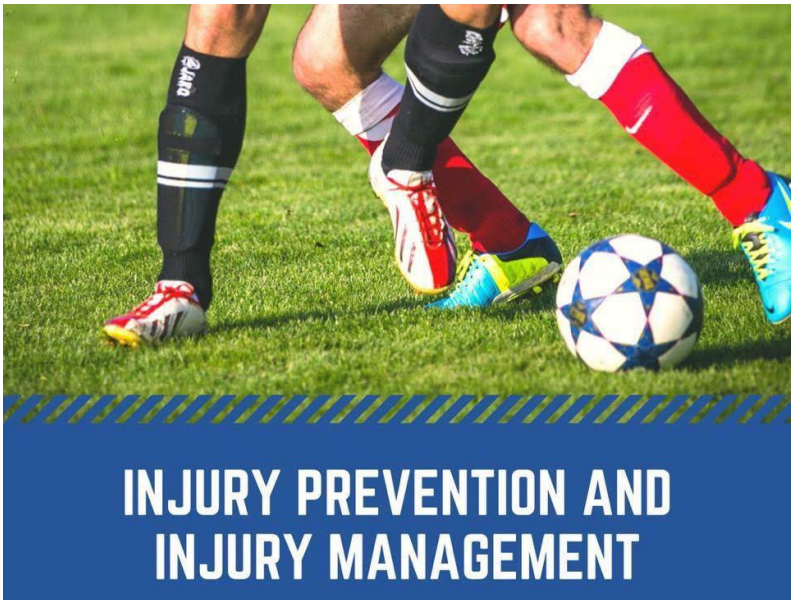
PROVIDING GREAT CARE AND PROGRESSIVE TECHNIQUES IN REHABILITATION SINCE 2004

# (209) 216-3360 TURLOCK
# (209) 537-3900 CERES

TOWER INSIDER: PATIENT NEWSLETTER APRIL 15, 2019

## SPRING SPORTS BACK IN SWING




Spring has sprung and it's time to head back to the baseball and softball fields and soccer pitches. Did you know physical therapists are a great resource for sports injury management AND prevention? While physical therapy is traditionally associated with strength rehabilitation post injury or operation, it can also be an asset for the athletically inclined to both safely manage pain and prevent further injury. With a thorough evaluation, your physical therapist can give you a comprehensive plan based on the specific way your body moves. Give us a call to find out how we can help the athlete in your life!

## BUILDING PROGRESS

The latest shots of our new building's progress (*photos courtesy of Tower Health and Wellness Center*). The first image shows the new building in its entirety; and the second image shows the location of the new building - directly behind our current site.

Anticipated opening date for the new building: Summer 2019.

**TOWER PHYSICAL THERAPY**

1801 Colorado Avenue Suite #260 Turlock, CA 95382
1768 Mitchell Road Suite #305 Ceres, CA 95307

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## MEET AMANDA GERWER PT, DPT!

Amanda joined Tower Physical Therapy in February 2016. Initially from the east coast, Amanda graduated from Temple University in Philadelphia with a B.S. in Kinesiology in 2006. She attended Arcadia University and received her Doctorate of Physical Therapy in 2009. Before moving to Turlock, Amanda practiced in the greater Philadelphia region for six years in private outpatient orthopedic PT clinics. Outside of the clinic, Amanda enjoys spending time outdoors while going on walks or hikes with her dog. She is enjoying the warm California weather and exploring the state.

# Patient Spotlight

"While no parent wants to hear their child is injured and needs physical therapy, knowing Tower Physical Therapy is there for our family has given me peace of mind and confidence in their recovery. Both of my daughters, and more recently myself, have benefited from the quality services and expertise provided by the owners and staff at Tower PT. From broken bones to pre- and post-op therapy, we have all been treated with thorough attention and successful results."

Michelle Peterson, Verified Patient

## DO I REALLY NEED TO DO MY HOME EXERCISE PROGRAM?

The Home Exercise Program (HEP) your physical therapist assigns is a crucial part of your rehabilitation. These exercises will help build on the work you are doing in our clinic. Common assigned elements include:

### BALANCE

Exercises based in balance will help stabilize you as you work towards your overall fitness and rehabilitation goals. Working on balance at home will increase progress in the clinic.

### STRETCHING

Stretching exercises help promote ideal muscle length which will help your body as it rehabs to avoid pain and further injury. Continuing stretching exercises at home promotes optimal body function.

### STRENGTHENING

Strengthening exercises are best performed routinely. The more you work to strengthen your target areas, the stronger they become. By practicing your HEP you will increase your strength and see higher gains in the clinic.

### Clinic Services Include:

- Therapeutic exercise
- Pre-work/Post Offer Lift Testing
- Manual/Hands-On Therapy
- Conditioning/Reconditioning
- Soft tissue mobilization/Myofascial release techniques
- Sport performance training
- Posture/Ergonomic assessment
- Neurological Re-education
- Instrument-assisted soft tissue mobilization
- Myofascial decompression (cupping)
- Movement Re-training
- Modalities including: electrical stimulation, ultrasound, paraffin wax, heat and cryotherapy